

Kettlebell Boot Camp



**Mondays, Tuesdays,
Thursdays, & Fridays
5:30 - 6:30 pm**

Medina Fitness Center

Class is designed specifically around the Russian Kettlebell with a variety of exercises geared to tone, strengthen, build endurance, and man-handle weakness into submission!

Turn your body into lean defined muscle, while burning calories, and kicking FAT TO THE CURB!

Questions? Call 671-4477/4525



www.lacklandfss.com

